



Service.
Support.
Smart Aging.

Meals on Wheels Menu

February 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)</p>		1	2	3	4
			Barbacoa Pork, Spicy Pinto Beans, Mexican Rice, Fruit Cup & 1% Milk	Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Peaches & 1% Milk	Whole Wheat Spaghetti with Meatballs & Red Sauce, Steamed Carrots, Fruit Cup & 1% Milk	
5	6	7	8	9	10	11
	Lasagna, Normandy Vegetables, Banana & 1% Milk	Down Home Mac & Cheese with Bacon and Ham, Mixed Veggies, Orange, & 1% Milk	Chicken Bruschetta, Brown Rice, California Veggies, Pudding, & 1% Milk	Chopped Steak with Wheat Penne, Mixed Veggies, Fruit Cup & 1% Milk	Oven Roasted Turkey, Roasted Sweet Potatoes, Chateau Veggies, Jello & 1% Milk	
12	13	14	15	16	17	18
	Chicken with Mushroom Sauce, Roasted Potato, Green Beans, Banana & 1% Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Orange & 1% Milk	Beef Tips with Brown Rice & Gravy, Steamed Peas & Carrots, Fruit Cup & 1% Milk	Chicken Lo Mein with Snow Peas, Broccoli and Carrots, Banana & 1% Milk	Pork Al Pastor, Penne Pasta, Squash Medley, Jello & 1% Milk	
19	20	21	22	23	24	25
	The Senior Hub is Closed Basil & Garlic Chicken Roasted Red Potato, Cauliflower, Banana & 1% Milk	Chicekn Enchilada, Black Beans, Roasted Veggies, Orange & 1% Milk	Baked Lemon Garlic Swai, Brown Rice, Corn, SF Pudding & 1% Milk	Shephards Pie, Seasoned Peas & Carrots, Fruit Cup & 1% Milk	Wheat Pasta, Beef Chili, Chateau Veggies, Fruit Cup & 1% Milk	
26	27	28	<p>The Senior Hub is closed Monday, Feb 20th for Presidents Day. You will receive a frozen meal the Friday before to accomidate.</p>			
	Chicken Cordon Bleu, Red Potatoes, California Veggies, Banana & 1% Milk	Garlic Parmesan Basa, Roasted Sweet Potato, Brussel Sprouts Orange & 1% Milk				



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Meals on Wheels Nutrition Information

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
			Calories 600 kcal Fat 8g Protein 40g Total Carbohydrates 85g Sodium 1040mg Sugar 36g Fiber 8g	Calories 700 kcal Fat 20g Protein 37g Total Carbohydrates 92g Sodium 490mg Sugar 34g Fiber 13g	Calories 560 kcal Fat 8g Protein 36g Total Carbohydrates 91g Sodium 280mg Sugar 26g Fiber 7g		
5	6	7	8	9	10	11	
	Calories 650kcal Fat 23g Protein 32g Total Carbohydrates 81g Sodium 1110mg Sugar 32g Fiber 6g	Calories 620kcal Fat 22g Protein 31g Total Carbohydrates 81g Sodium 1000mg Sugar 34g Fiber 9g	Calories 590 kcal Fat 22g Protein 34g Total Carbohydrates 64g Sodium 450mg Sugar 33g Fiber 11g	Calories 550 kcal Fat 15g Protein 35g Total Carbohydrates 65g Sodium 900mg Sugar 34g Fiber 13g	Calories 520 kcal Fat 6g Protein 28g Total Carbohydrates 82g Sodium 850mg Sugar 36g Fiber 14g		
12	13	14	15	16	17	18	
	Calories 580kcal Fat 11g Protein 42g Total Carbohydrates 76g Sodium 700mg Sugar 31g Fiber 9g	Calories 580kcal Fat 11g Protein 37g Total Carbohydrates 90g Sodium 1140mg Sugar 33g Fiber 18g	Calories 420kcal Fat 7g Protein 22g Total Carbohydrates 66g Sodium 680mg Sugar 24g Fiber 6g	Calories 580 kcal Fat 16g Protein 27g Total Carbohydrates 82g Sodium 880mg Sugar 66g Fiber 7g	Calories 490kcal Fat 27g Protein 31g Total Carbohydrates 32g Sodium 260mg Sugar 19g Fiber 5g		
19	20	21	22	23	24	25	
	Calories 680 kcal Fat 28g Protein 31g Total Carbohydrates 79g Sodium 520mg Sugar 32g Fiber 4g	Calories 700kcal Fat 25g Protein 37g Total Carbohydrates 83g Sodium 410mg Sugar 33g Fiber 23g	Calories 560 Fat 11g Protein 32g Total Carbohydrates 84g Sodium 660mg Sugar 37g Fiber 6g	Calories 650 kcal Fat 10g Protein 30g Total Carbohydrates 103g Sodium 960mg Sugar 33g Fiber 9g	Calories 580kcal Fat 10g Protein 20g Total Carbohydrates 93g Sodium 780mg Sugar 29g Fiber 17g		
26	27	28		<p>Questions about the nutritional information? Please reach out to our Registered Dietitian, Stephanie Tarnacki at (860) 918 - 8466, or at stephtarnacki@gmail.com</p>			
	Calories 560kcal Fat 20g Protein 36g Total Carbohydrates 60g Sodium 930mg Sugar 27g Fiber 6g	Calories 510kcal Fat 10g Protein 34g Total Carbohydrates 72g Sodium 890mg Sugar 35g Fiber 14g					